The Wayback Machine - https://web.archive.org/web/20240916220011/https://www.sentinelintelli...

Does This Stuff Even Work? Yeah, Looks Like It Does.

Protecting ourselves in the worst case scenario.

JESSICA WILDFIRE

Photo by Kelly Sikkema on Unsplash

SEPTEMBER 10 2024 · 10:58 PM

7 MIN READ · SHARE

You don't need me to tell you how bad it's getting.

I'll tell you anyway, though.

As we drown in endless waves of Covid that generate millions of infections and thousands of deaths per week, our leaders have effectively stripped away every tool we have. They prefer a society that sacrifices themselves for short-term economic and political gains and then becomes ripe clientele for the pharmaceutical industry. They collude with the media to push out a daily barrage of misinformation aimed exclusively at ensuring we continue to work, shop, and vacation, because that's what they care about. Meanwhile, they do absolutely nothing about pandemics on the way as dozens of diseases spread out of control, at levels 10 times worse than normal. As the World Health Organization sounds alarms, telling us "we have arrived in the post-antibiotic era," and that we faced a future pandemic up to 20 times worse than Covid, our leaders focus on vibes. That last part should get our attention. Yes, we are *here*. We have arrived in the time when superbugs aren't responding to antibiotics. If that weren't bad enough, they're preying on our weakened immune systems.

And bird flu has likely gone human to human.

But it's not hopeless.

Four years ago, we looked to plants to protect us from pathogens because vaccines and treatments weren't coming anytime soon. The minute those vaccines and antivirals came out, most people forgot all about plants. They reverted to their old assumptions that plants were for hippies.

Well, here we are again.

Our vaccines and treatments are failing, and when they work they're often in short supply, or we can't even get access to them. Moms and dads are rolling out the NyQuil in little cutesie Facebook posts, along with all the pills that treat the symptoms but leave the disease itself to roam free all over your body.

We can do better.

As we mask while demanding clean air and better medicine, it's time to revisit those plants and see what they can do.

Do they even work?

Yeah, they do.

A 2024 review of studies in *Viruses* identified 10 different plant compounds with broad antiviral properties and effectiveness specific to Covid (and in many cases several other viruses). As they write, "plant-derived molecules can tackle viruses by acting on different aspects of their infection process" and "inhibit coronavirus/host protein pathways" by blocking them. The authors initially identified 45 different compounds and then narrowed them to the 10 most effective.

Plants work because they contain terpenoids, flavonoids, phenols, and alkaloids that all demonstrate "high anti-viral potential against SARS-CoV-2 particles" as well as other viruses. They do this in a variety of ways that work across variants because they block virus entry while also tamping down replication and essentially "stopping its life cycle."

Sounds good to me...

Let's get into it.

First, ginkgo biloba contains two bioflavonoids called quercetin and rutin that can block Covid's 3CLPro BS PL-pro enzymes, as demonstrated in two different studies that looked at how they bind to parts of the spike protein. According to an article in *Nature*, 3CLPro plays a central role in virus replication, specifically for Covid. Ginkgo also contains kaempfero that inhibits Covid's envelope protein E, "consequently suppressing virus activity and proliferation." G. Biloba also brings an anti-inflammatory effect that can help with recovery as well.

Second, turmeric and curcumin "can either bind directly to the receptor binding domain of

the viral S' proteins of secure ACE2 receptors of the hosted cell." Basically, they stop viral entry into your cells. As the authors write, a curcumin derivative called bi-demethoxycurcumin "displayed the best binding affinity" to spike proteins.

It also works on the original SARS virus.

Third, a common spice called *artemesia annua* demonstrated antiviral activity in clinical trials. The group who took an artemisia compound called artemisinin-piperaquine "took significantly less time to reach undetectable levels of SARS-CoV-2 than the controls." In fact, artemisinins "are known for their extended-spectrum antiviral activity." An artemisia derivative called artesunate has shown effectiveness against both DNA and RNA viruses including hepatitis and HIV.

Artemesia compounds work similar to ginkgo by latching on to five different parts of the spike protein "which might explain its remarkable binding affinity." In addition to flavonoids like quercetin, researchers have identified di-caffeoylquinic acid as doing a lot of the heavy lifting here. Like curcumin, these flavonoids also bind to ACE2 receptors on your cells and protect them. Medical researchers are working on refining these compounds into artenimol, a single high-potency compound for giving to patients.

Fourth, *nigella sativa* (black cumin seeds) have shown antiviral activity by disrupting viral RNA transcription. Carvacrol and nigellidine extracted from these seeds "can block ACE2 receptors, thus inhibiting the SARS-CoV-2 entry into the host cells."

Fifth, ginger (6-gingerol, 8-gingerol, 10-gingerol) can inhibit parts of the Covid spike protein. Specifically, it's the bioactive compounds geraniol, shogaol, zingiberene, and zingiberenol that do the blocking.

Sixth, garlic (allium sativum) shows antiviral activity. It contains compounds called allicin, ajoene, and garlicin that work against several viruses in the same ways as the other compounds, by targeting spike proteins, disrupting transcription, and protecting your cells' entry channels.

Next:

Cinnamon at 50 ug/ml operates the same way as the other compounds, by blocking host cell entry and viral replication. Rosemary (rosmarinus officinale) shows effectiveness in blocking viral activity, even in a study that compared it to the antivirals remdesivir and favipiravir.

Want an unusual suspect?

It's dandelion.

Dandelion extract has shown to be "effective against influenza virus infection" and in higher concentrations "showed efficacy against spike proteins... and its different mutants" in human lung and kidney cells, while also helping to prevent the cytokine storm that's often so deadly in the acute stage. Here in particular, studies have shown that dandelion extract works regardless of the variant.

Finally, oregano (origanum vulgare) extract demonstrates antiviral activity against many DNA and RNA viruses, including Covid and HIV. As the authors write, extracts "showed remarkable efficacy against equine influenza virus, canine coronavirus, RS, and H1N1. In fact, it can inhibit up to 74 percent of viral activity at certain sites.

Again, carvacrol does the heavy lifting.

I've looked at other supplements and extracts with antiviral properties. They include grapeseed extract, grapefruit seed extract, olive leaf extract, echinacea, St. John's-Wort, and elderberry.

A 2024 study found that oleuropein, found in olive leaf extract, demonstrates high antibacterial activity at 130 mg/ml and high antifungal activity at 65 mg/ml. Another 2022 study found that oleuropein showed significant effectiveness against Covid in hospitalized patients when they were given 250-500 mg every 12 hours for five days. (No real difference between 250 and 500 mg.) The study also reviews previous research that oleuropein has shown effectiveness against other viruses, including HIV and influenza. It works the same way as other flavonoids, lectins, secoiridoids, and polyphenols, by blocking ACE2 receptors.

A 2022 study reviews available research on elderberry (sambucus nigra), confirming antiviral activity against HIV, flu, and coronaviruses. As the researchers write, adults in clinical trials "showed a significant reduction in symptoms, averaging 50 percent." Elderberry has also shown the ability to stimulate the production of immune cells. A 2019 study confirms that elderberry works against flu via "multiple modes of therapeutic action," including the inhibition of replication and host cell entry. An extensive 2021 study looking at prior research found that high-quality elderberry extracts enriched with anthocyanin work especially well.

A 2022 study in *Nature* found that a mixture of St. John's Wort (hypericum perforatum) and Echinacea showed significant antiviral activity against Covid. Specifically capsules with .9 mg of St. John's "can significantly reduce SARS-CoV-2 viral load," peaking at 36 hours after the start of treatment.

St. John's Wort works just fine on its own. The authors stress the importance of maintaining its concentration if you add other compounds like echinacea.

That said, a 2022 study in *Frontiers in Pharmacology* found that echinacea at 4,000 mg for 10 days led to a substantial reduction in viral load and fewer hospitalizations when used to treat Covid patients.

Here's a chart:

Supplement Sheet

Google Docs

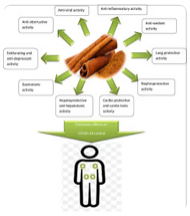
You can also look up most of these supplements and extracts on Mount Sinai's health library. They'll give you a good breakdown. It's a good idea to talk with a doctor if you're skeptical or not sure about interactions with other drugs, or look at the studies on your own. The studies linked in the sheet provide the most detailed dose information I can find, usually presented in a table. Duration runs around two weeks for an acute illness and 3-4 months for chronic infections like HIV.

Do I think it's sustainable to take high amounts of supplements all year long to ward off all kinds of airborne diseases, for the rest of our lives? Not really. That's why we absolutely need clean indoor air, masks, better vaccines, and better treatments. Until then, at least we have this information.

Here's a list of the studies:

Alternative Treatments

More



Cinnamon and its possible impact on COVID-19: The viewpoint of traditional and conventional medicine

sciencedirect.com · today at 5:27 AM

Elderberry Supplementation Reduces Cold Duration and Symptoms in Air-Travellers: A Randomized, Double-Blind Placebo-Controlled Clinical Trial

ncbi.nlm.nih.gov · today at 5:06 AM

Evaluation of the activity and mechanisms of oregano essential oil against PRV in vivo and in vitro

So there you have it.

If you've been wondering whether this stuff really works, the answer appears to be a loud *yes*. We need more research on dose amounts, but the studies all point in the direction of taking as much as you can while staying within the safe limits, for the duration of any time you feel at risk of getting sick.

Most of these extracts work against multiple viruses. They also help regulate your immune system and push it toward a less inflammatory response.

That's good to know.

My family has been using some of these supplements for several years, and it might explain why we've managed to steer clear of Long Covid. We still wear N95 masks everywhere. We advocate for clean air and better vaccines, along with better treatments. In the meantime, it looks like we can up our supplement game and that it's actually going to bring some benefit.

This isn't magic.

These plant compounds work the same way as many of the antivirals on the market. Medical researchers have been researching the antiviral properties of plants for decades, and cultures have used them for thousands of years. Given our current outlook, they're worth taking seriously.

Use what you can.

If you appreciate my work, you can support it here or get my book.

Sign up

Tip

Published in:

AUTHOR

Jessica Wildfire

jessica@sentinelintelligent.com

VIEW ARTICLES

READ NEXT

How Your Immune System Actually Works

JESSICA WILDFIRE · SEP 12, 2024

Courting The Next Pandemic

JESSICA WILDFIRE · SEP 6, 2024

"Someone Else Will Do It."

JESSICA WILDFIRE · SEP 5, 2024

Are You Angry? It Means You're Smart.

JESSICA WILDFIRE · SEP 4, 2024

More than wishful thinking.

Navigation

Home About Lists Support Subscribe Books

More

Sign up More News

©2024 The Sentinel-Intelligence. Published with Ghost & Maali.

System